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NewSpirit JOURNAL

Money, Money MONEY

An Interview with Chellie Campbell

By Krysta Gibson

Some people love it.
Some people hate it.
Some people have a lot of it.
Almost everyone wants more of it.
It is money.

Enter Chellie Campbell, author of *The Wealthy Spirit* and *Zero to Zillionaire* and creator of Financial Stress Reduction workshops. She is one of Marci Shimoff's "Happy 100" in her NYT bestseller *Happy for No Reason* and contributed stories to Jack Canfield's recent books *You've Got to Read This Book!* and *Life Lessons from Chicken Soup for the Soul*. Chellie is prominently quoted as a financial expert in The Los Angeles Times, Pink, Good Housekeeping, Lifetime, Essence, Woman's World and more than 50 popular books.

Although she is now considered to be an expert in financial issues and prosperity teachings, there was a time when money was not her forte.

I asked her her background led her to become prosperous herself and a teacher for others.

Chellie started out in life as a musical comedy actress. All I wanted to do was sing and dance for a living. I did shows in high school and college. And I went to Hollywood to become a star. That didn't hap-

pen. But I did work at Disneyland and had fun. I discovered that working in show business as a professional actor was not fun. What I liked the most was rehearsal. I liked working with a small team of creative artists, people who were trying to put a project together and move it forward to success. Once that had been done and we were performing the show, it was boring.

In between acting jobs, I took office jobs and eventually became office manager. This involved bookkeeping, which I thought I could not do. I discovered that the job was actually business management: how do we get the company to grow? How do we manage the money so all of the bills get paid and there is money to open a new office? This I loved.

Eventually, I went into the toilet and had to dig myself out. This is when I really got glued-in to money. While working with other people, I saw how many of them didn't understand the financial reports we gave them and were negative around money.

I had been into positive thinking for many years, so I started telling them they



needed to be more positive and gave them affirmations. People started telling me I should teach this and thus was born my financial workshops in 1990.

This is when everything came together for me. Sixteen years as an actress and 12 years as a bookkeeper didn't seem to be related at all. But once I started teaching the workshops I saw I needed the performance skills in order to teach effectively. And I needed a difficult subject that people needed to learn about to create my niche. The lightbulb went off and I have been teaching this

for 23 years now.

Chellie: I have a question. What is a zillionaire, the term you use in one of your book titles.

Chellie: The idea of a zillionaire is not to have the most money. It is to be the happiest person that you can. It isn't just about the money. If you have a million dollars and no friends, work that is profitable but no fun, or if you have a lot of friends but no money, you are not a zillionaire.

Continued on page 5

Are You a Success?

The word success is thrown around a lot. I'm not sure most of us know what this word means. The loudest voices seem ready to tell us what we need to do or who we need to be in order to be called a success.

In the American culture, success is usually tied to making money. The more money we make, the more successful we are considered to be. Then there are the toys. Successful people have the most recent toys whether these are cars, clothes, jewelry, or electronic devices. In spiritual circles, the longer you can meditate or the more difficult the yoga poses you can do, the more successful others consider you to be.

In the midst of all of this, it can be difficult to feel good about ourselves if we don't match up to these definitions of success. Some people are very talented and good at what they do. Yet their particular gift is not easily quantifiable. This applies to many artists, authors, musicians, and teachers. Other people such as professional athletes are highly valued and make enormous sums of money.

Who are the successful people and how do we know we are a success?

Each person has to decide what success means to them and not get distracted when other people or circumstances challenge their viewpoint. Success needs to be tied to how happy and joyful we are. How happy and joyful we are does not have to be tied to life circumstances.

Circumstances are always changing. The people, things, and situations that are ours today can be gone tomorrow. Even those circumstances closest to us – such as our health – can change in an instant. If we tie our sense of success to any of these, what happens when they disappear?

Wouldn't it make more sense to associate

our success with inner qualities, to attitudes that no one can take away from us?

I hear some people now: "Sure, so I am supposed to be happy when I'm in debt, out of work, lonely, and miserable?"

Yes, that's exactly what I'm saying and here's why. True happiness is not tied

Living The Good Life

by Krysta Gibson



to the circumstances of our lives. The circumstances of our lives are an outward picturing of our consciousness. If we are happy no matter what, our circumstances will change to suit the consciousness of happiness. I know; it seems a bit like the chicken and the egg conundrum.

This is what Jesus meant when he said, "To those who have, more will be given and to those who don't have, even the little they have will be taken from them." He wasn't talking about money or physical things. He was saying that people who have a positive and loving attitude will attract/create more positivity and love in their lives. People who are miserable and grumble all the time will attract/create more negativity and even the few good things they have will disappear.

Here's a little mind game you can play with yourself.

We actually live in the past so don't let yourself be attached to how your life is right now. We create our lives through our thoughts and if you're reading this column you have had sufficient explanations as to why this is true. The life we have right now was created by prior thoughts, even if those thoughts occurred a few seconds ago; thus, we're living in the past. If we would like to have a different past in the future, we need to change our thoughts right now.

Continued on Page 5

Master Meditation

Intuitive Mind announces two new programs using proven Ancient Physical Techniques to train new meditators and inspire experienced to go deeper by creating personal connections with their spirits.

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Sept. 14 & 15: Level 1, Yi Ren Qigong

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Level 1 Weekly classes begin 9/16

\$5 Intro Classes (University District):

Sept. 4: Self-Care & Healing for Health Care Providers
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Sept. 6: Release Fears, Stress, Emotions

Sept. 13: Elixir Field Qigong

at East West Bookshop \$10:

Sept. 10: Heart & Kidney Qigong

Sept. 27: Elixir Field Qigong

Brendan has had five articles published in *Qi Magazine: The Journal of Traditional Health and Fitness*. Below is a sample of Brendan's articles available online at taichiqigongseattle.com

- Balancing Hormones for Improved Energy
- Prevent & Reverse Osteoporosis
- Secrets to Thyroid & Adrenal Fatigue
- Sleep Like a Child
- Transforming Fears & Stress; Negative Attitudes & Emotions
- Secrets to PMS, Menopause & Low Testosterone

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Do you now a place where New Spirit Journal should be distributed but isn't? Let us know! (425) 356-7237

Events • Classes • Workshops

SEPTEMBER 3 OR 5**RAJA & HATHA YOGA INTENSIVE**

12 Tuesdays beginning September 3, 6-9 pm at West Bookshop in Seattle or 12 Thursdays beginning September 5, 6-9 pm at the Ananda Meditation Temple in Bothell. Ananda's most popular and comprehensive course in meditation and yoga. From Raja students: "The tools practiced have paved the way to a lifetime of peace and joy!" This class was wonderful for helping me be at peace with myself. I will take what I've learned and keep practicing throughout my life." www.AnandaWashington.org, 425-806-3700.

SEPT. 3, OCT. 1, NOV. 5,**11:30 A.M. - 1 P.M.****GOOD COMPANY NETWORKING****LUNCHE****Join us for lunch and net-****working. Cost is the price of your****lunch. NEW LOCATION: SILVER SPOON****THAI RESTAURANT, 3828 196th St. SW,****Lynnwood, WA 98036. For direc-****tions: 425-967-3255. See menu at****www.thaifoodifyour.com. You don't****have to eat to join us but please do****bring in any outside food or drinks with****you. For more information visit****www.newsprintjournal.com****Transform: Sleep, Stress,****Thyroid, Adrenals,****Hormones,****Feminine, Menopause,****PMFS, Low Testosterone,****.....****9/4: Self-Care for Health****Care Providers, \$5****9/6: Release Fears, Stress,****Emotions, \$5****9/8: Qigong Intro Seminar,****\$20****9/10 & 9/27: Heart & Kidney****Qigong, \$10 at East****West Bookshop****9/13: Elixir Field Qigong****9/14 & 15: Level One****Seminar, \$190****9/16: Level One weekly class****begins, \$165****TaichiQigongSeattle.com****206-354-8216****brendan@taichiqigongseattle.com****SATURDAY SEPTEMBER 7****HEALERS' CHAKRA BALANCING****WORKSHOP, Lynnwood WA.****Register by 8/31/13.**

\$385 11th class, pendulum, resource guides, certified essential oils for balancing, and practice sessions with feedback. Pricing options available. See Event section at simpletruth.com

SUNDAY, SEP 8, 12:30-2:30**OPENING THE INTUITIVE GATE****Key to Developing Your Intuition with****Will Tuttie, PhD, Zen Master, pianist,****composer, author: *World Peace Diet*,****Dumas Bay Theatre Rehearsal Hall,****Federal Way Registration \$10. Low****Offering Collected at Workshop.****Sponsored by Unity of Sound. Sound.****For details:****www.unityofsoundsound.org****SEPTEMBER 10: TUES, 6-8 P.M.****FREE PROGRAM INFO SESSION**

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SEPTEMBER 14, 7-9 PM**CELEBRATING THE SACRED FEMININE****IN POETRY AND DANCE.**

Author Mariane Mersereau, reads from her award-winning chapbook, *Timber*, at Launda Party George Center for Community, Lake City, WA. Free.

www.geekleatley.com

SEPTEMBER 14-15 & NOV 16-17, SAT & SUN,**10A-12 & 2PCT, 5:30 PM****MEETING ENERGY: INTERNAL****QI ENERGY ACTIVATION**

Qigong activation techniques, balances, meridians, chakras and mantras, the qi-energy for self-healing and for healing others. Explore how qi-energy can be manipulated for facilitating internal and external communications at the physical, emotional, mental and spiritual levels. \$875-\$1,165. www.Bastyer.org/Continuing-Education, Continuing@Bastyer.edu, 425-602-3152

SEPTEMBER 17, OCT. 15, NOV. 19,**11:30-1 P.M.****GOOD COMPANY NETWORKING****LUNCH.****Join us for lunch and net-****working. Cost is the price of your****lunch. NEW LOCATION: CHAN'S BISTRO,****1450 16th Ave. Lake City, WA 98227.****For directions only: 360-217-****8226. Chinese buffet and lunch specials.****You don't have to eat to join us but****please do not bring in any outside food****or drinks with you. No reservations****required. For more information visit****www.newsprintjournal.com****Sept. 20, Oct. 18, Nov. 15****Chakra Talk: A gathering**

for like-minded friends who are interested in discussing and to use the body and mind as a roadmap to greater health. Learn hands-on self-healing techniques, proper breathing to reduce stress, increase energy, and much more.

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Visit www.newsprintjournal.com to submit your events. Listings are due the second Friday of the month for the following month's issue.

SATURDAY SEPT. 21, 10AM-5PM**SPIRITUAL FESTIVAL/FAIRE AT CAMP****EDGEWOOD, NSAC 1228-26th Ave. Ct.,****Milton, WA.****Readers, Healers, Astrology &****Vendors available. Free admission.**

NSAC disclaimer: Many of the presenters are not associated with the religion of Spiritualism and are presented for educational and informative purposes only.

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www.AnandaWashington.org

425-806-3700.

SEPT. 24, OCT. 22, 11:30-1 PM,**GOOD COMPANY NETWORKING****LUNCH.****Join us for lunch and net-****working. Cost is the price of your lunch.****EAST WEST BOOKSHOP, 6500 Roosevelt Way****NE, Seattle, 98115.****OCT. 3, THURS, 9-9 P.M.****NO PAIN: ANTI-INFLAMMATORY &****ANALGESIC ESSENTIAL OILS.**

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Send your event listing by

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Churches and Spiritual Homes

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ANANDA CHURCH OF SELF-REALIZATION founded by Swami Kriyananda, direct disciple of Paramahansa Yogananda is a movement based on the teachings of Paramahansa Yogananda that helps you bring God into your life through meditation and spiritual living. Offers classes, services, Living Wisdom Schools, and spiritual community in the United States, India, and Italy. www.unity.org 303-478-7560.

CENTERS OF LIGHT teaches Christian mysticism and finding truth through experiences, not dogma. One-on-one teacher-student relationships offer the personal counseling and love that is rarely found elsewhere. Spiritual communities support each other with integrity, honesty and joy. www.centersoflight.org

CHURCH OF SPIRITUAL TRUTH, Sunday Services 11:00 a.m. CAMP EDGEWOOD NSAC - 1228 26th Avenue Ct., Milton, WA 98354. Everyone welcome. 253-927-2050.

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Coming up in the October issue of **NewSpirit JOURNAL**

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Money, Money, MONEY

Continued from Page 1

My definition is someone who has a billion dreams of infinite possibilities, is taking a billion actions to make them come true, making as many billions of dollars as possible, making a billion friends, doing a billion good deeds, taking a billion naps, having a billion vacations and having a billion adventures in a long, fun-filled life.

Krysta: That sounds fabulous. I have another question. It's not uncommon for people on a spiritual path to have big money challenges. Why do you think that is and how do people dig out of it? Can people be spiritual and rich at the same time?

Chellie: Yes. I have been on a spiritual path since I was 10 years old. I was raised Methodist, went to church and Bible studies. I was born into a family that I began to ask difficult questions. Like Jesus was Jewish so why was Passover taken out of the Christian religion?

I went to lots of churches with my friends: Catholic, Jewish, Buddhist. And then I 'got it' through the teachings of Edgar Cayce. And I noticed that a lot of wealthy people had no spirit and that a lot of spiritual people were broke. I asked, "What's wrong with this picture?"

To me, we're spiritual beings having a material existence and that says to me that we're supposed to master both of them. The yin and the yang connected in a user-friendly, loving way, to be able to receive good money and to give good money.

In order to make other people happy and wealthy, you have to be able to pay for the services and goods people provide for you. This is something a lot of people miss. We want to take in good money but when we get our bills, we doom and gloom

and mutter and say, "these darn bills." You can't do that energetically and have money come in beautifully. You have to send it out beautifully.

Say prayers of blessings as you pay your bills. Say a prayer of thanks that you have the money to pay for this, that you received the blessing of whatever the product or service is. If you don't like paying the light bill, live in the dark!

We have to get clean about this and take a look at how we spend money, how we pay for goods and services. Do you do it with blessings and joy? Usually not. That's a problem.

On the other side, we have to have a way



to make money. If you have a business, why charge the least amount of money so that you are always struggling and don't have money in the bank for savings?

Some people can only pay \$5 for what you are offering. Does that mean you should only charge \$5 to make it easily accepted to everybody?

Spiritual people are especially bad about this. They say, "Well, I want everyone to have this; I want to change the world." The Buddhists have a great saying about this. You don't have to change the world. Just look 40 houses to the right and 40 houses to the left. Work on them.

Are You a Success?

Continued from Page 2

This is why if you fasten your happiness to your inner state rather than to circumstances, you will eventually be happy all the time. The game is this. As you walk through your life, realize you are living in your past thoughts. Let go of the ones you don't like. Repeat the ones you do like. Stay unattached to what is happening. Just allow life to flow around you while you

remain centered within your heart, broadcasting as much love as you can.

No, this isn't easy to do and requires a lot of intention and devotion. When it can be done, the results are what I call success. And this is the secret of success that will attract all the other good things you want in your life.

Give this a try and send me an e-mail to let me know what happened for

you. I would love to know!

Krysta Gibson is the publisher of New Spirit Journal and can be reached at Krysta@newspringjournal.com. She will be speaking at the Sept. 21 Fall Equinox Celebration at Ananda Church of Self-Realization in Bothell, Wash. www.anandawashington.org. She is a guest on the Conscious Talk radio show the third Thursday of each month. www.consciousTalk.net.

Krysta is also the author of several books and audio programs available at anoasisforyoursoul.com.

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Don't Postpone Happiness

By Ann Ford, M.S.

Every day, millions of people diminish their happiness, by saying negative messages to themselves such as "I'm unlucky," or, "I don't deserve to be happy." Everyone has the power to transform their "unluckiness" by substituting new, positive messages to replace negative self-talk that may be leftover from the past, and which may have come from an old family role that you no longer have to live.

Don't worry about the glass ceiling effect that some of these roles had, because you're an adult now, and you have more power to change. You can still go back to past friends and family, like a boat cruising up to the pier and mooring for a visit. You are just no longer permanently tied to your past; you can cut the anchor.

Family systems psychology found that family roles arise when children have little control and so do what is required. Roles can switch around between children, particularly when some children leave. The major roles are:

1. The Mascot who breaks the tension in gatherings by telling jokes, or doing pratfalls;
2. The Hero role can be played by a boy or



It is often said that we chose our families for the experiences they provide. Each childhood household provides a different environment and each soul's journey is influenced by this initial group experience.

a girl, and requires high responsibility, getting good grades or in other ways being a high achiever for the family's image that everything's fine;

3. The Scapgoat releases the family's tension by being verbally humiliated the most, or physically punished the most, to let off pressure for other family members;

4. The Lost Child tries to be invisible, and flies under the radar, and may try to live with other friends or relatives, as well as running away.

Personality Change Can be Part of Your Spiritual Journey

It is often said that we chose our families for the experiences they provide. Each childhood household provides a different environment and each soul's journey is influenced by this initial group experience. Keep in mind that it is not a drawback that the experiences are not all pleasant. A soul's journey is to enhance spiritual character and resources, and having it easy does not aid that.

Finding value from your first roles in life – bad and good – lets you own more strengths, which increases both spiritual and personal happiness.

Many profoundly significant spiritual lessons come from people we know for a short time. Consider your life as a series of chapters and that boot camp and trauma bonds can be influential but are not intended to freeze you into one role for your spiritual life.

In 2003, psychologists found conclusive evidence of how every healthy person experiences personality changes over time. Once you identify the limitations of the old roles, you can release them and live a more complete, full-range emotional, and spiritual life.

Moving Beyond Roles that Restrict Happiness

Change is required of adults. Continuing a childhood role limits development that can lead to stress and limit happiness. You don't want to bring your childhood roles into your love life or take the kid to work. Keep only the strengths from your past role: the Mascot has adaptability; the Hero has strong

follow-through; the Scapgoat has great resilience; the Lost Child has initiative.

As an adult, evaluate the feedback from friends, dates, mates, or bosses, such as "You are such a good _____." You are a doorman," or "Speak up." If you find yourself living a childhood role of rescuing broken-winged people, you may be postponing working on your own growth.

One man was still acting out the Mascot role, and got serious feedback from his boss to dial it down in group meetings, to not tell tacky jokes, and let the other people have a chance to talk. He had been divorced by two women who couldn't take living with his Mascot role.

Steps to Reclaim Your Strengths and Happiness

A clue that you want to change is if you feel stuck, or if you feel like an impostor in some way, which is often a leftover childhood limitation that no longer fits. Step out of the child-size psychological mindset. One of the fastest steps to happiness is to own your strengths, and exercise them by volunteering. Research has found that our bodies secrete feel-good, happy hormones when we help others. Volunteering is a huge boost to happiness.

When you want to change, and own all your emotional responses, pick as a role model a person who seems to be as limited in their belief system as you may feel they are. Cognitve – imitation is a natural way to learn – and even script for yourself new verbal routines you'll use. If you've been talking too much, try asking other people about themselves... and listening. The ideal is to not talk longer than 90 seconds about yourself. One man who had lived two roles, Lost Child and Hero, had been a workaholic for years and divorced because of it. He copied a man who was a good communicator – and even went to Toastmasters to get new skills – and he found a happier love partner and a happier job.

How to Apply Your New Self Knowledge

Demonstrate to yourself that you are changing. Surround yourself with new people who hold values that you want to live by.

For the Scapgoat child, volunteer with an organization like Habitat for Humanity, where you can be physically active – pound nails – physically express some of the energy that you may have had to repress in your childhood.

For the Mascot child, join a Toastmasters group. Members are respectful listeners, and the organization teaches different types of communication skills, so you can get control of being on transit.

For the Hero child, inject counterbalance, insert pleasure. You no longer have the obligation to be serious and delay pleasure. Schedule breaks and stop workaholism.

For the Lost child, join a group of people you can trust, a recovery group of like-minded people, or a not-for-profit of gentle people such as the local food bank or the SPCA.

whole, not a role.

Ann Ford, M.S., has counseled hundreds of people through crisis. The author of books and videos on work, love, confidence, bullying, and addictions, her next book is Be Your True Self – Getting the Love and Career Success You Deserve. She runs monthly personal development workshops. Go to BeYourTrueSelf.Me.

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Awakening Color and Consciousness with the Cycles of Life

By Margaret Ann Lembo

How many people do you know that choose their clothes and gemstone jewelry for the day based upon the desired outcome of planned activities? The significance of color in our lives often goes unnoticed or un-conscious. How often do you observe the color of the clothes of a colleague or friend to encourage better relations or empathy? Can you "read" others by the colors they wear?

We all go through cycles throughout our life and even within each year. Each season and cycle of life brings out different shades, tones and colors. In the seasons of our life we change, and so does our favorite color. When I was a child, bright red was my favorite color. Now as an adult, cobalt blue is my favorite color. I wear cobalt framed eye glasses, drink from cobalt blue quaffs, use a blue iPhone cover and wear a lot of cobalt shirts. The color keeps me calm and aligned with my higher consciousness.

Colors influence the way we feel, act and react to others. Think about it: why would you want to wear your magenta pink shirt one day and all black clothes another? I encourage you to observe your color choices to help you to see yourself better. The colors you are drawn to reveal so much. And the same goes with the gemstones you are drawn to wear as well as the colors of the foods you ingest. They show you if you need more comfort and love or if you need to be heard. They show you if you need to get motivated and take action or if you need more time in contemplation and prayer. Or the colors display your need to feel safe and protected.

As we flow into this next evolution of spiritual awakening, it is time to elevate our consciousness by using colors and gems so they play a vital part in creating reality. Whether it is the color of your clothes, the walls of your office, the food you eat, or the beautiful ring that adorns your finger: wear it, paint it, eat it, or admire it with a matching intention.



Margaret Ann Lembo says that as we move ahead in our spiritual growth, we can use colors and gems to help us create our reality in many ways: the color of our clothes, the walls of our office, the food we eat, or the gems we choose to wear.

The color red brings energy, motivation and passion. Just don't wear too much of it when you are angry. Orange indicates an active and creative time. It also alerts that it is time to get up and move forward in life. When you are drawn to yellow, you are probably ready to let yourself shine your light and increase self-confidence. Blacks and browns are grounding and protective. They make you a bit less obvious. Turquoise, blues and purple tones indicate a desire or need for alignment with the divine. And green and pink are the colors of the heart, love, caring and compassion.

Due to my love for gemstones, over the years I've developed the use of GemSpot



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Affirmations. The affirmations are statements of intentions that are paired with a gemstone based on the color and vibration of the stone. This same action can be matched with the color of the shirt you are wearing or the nail polish on your toes. The point is to intend that every time you observe the color it reminds you to be mindful of the positive thought, or the intention of this time in your life. What you focus on becomes your reality.

Everything vibrates. All vibration has a sound and a color associated. All thoughts create reality. Match the color tones and gemstones that you wear - or carry - or place in your environment - with the thoughtforms that create your desired outcome and watch a beautiful reality unfold.

Emerald is a stone of abundance and healing. Its green vibrations help you understand that at the deepest level everything is whole and well. Use this precious gem to focus on well-being and all that is good. Emerald is the stone of extreme wealth. With your health and vitality intact, use this color and gemstone to attract financial success through your focused actions.

Use this GemSpot Affirmation for emerald and the color green:

"I am blessed with abundance. I am healthy, whole, complete, and successful in all of my business pursuits. My actions come from a loving place and have beneficial results for myself and others. I am fortunate, and I appreciate my prosperity. I am grateful for all my creative and business skills. I earn unlimited income doing what I love. Other people are courteous to me and my

coworkers."

We are in a time of transformation and transmutation raising our planet to a higher level. The transmutation is to release anything that is unlike love. The transformation is the alignment of all sentient beings to be connected and aligned with the divine. Each and every one of us has the ability to tap into high spiritual sources. The purple shades of amethyst activate that wisdom and knowledge inherent in our bones, cells, muscles - on every level - physically, spiritually, mentally and emotionally.

Repeat this GemSpot Affirmation for anything that you use this stone or wear the color purple:

"I am a being of light and love. It is easy for me to rise above mundane situations and see the bigger picture. Access to higher wisdom and knowledge is mine; today and every day. I am in touch with the many levels of consciousness within me. I am grateful for all the wise spiritual beings who guide my path."

Award-winning author Margaret Ann Lembo is the author of *Color Your Life with Crystals* (Findhorn Press), *Angel Gemstone Oracle Card*, *Chakra Awakening*, and *The Essential Guide to Crystals, Minerals and Stones*. She is a spiritual entrepreneur, aromatherapist, and the owner of *The Crystal Garden*, a book store and spiritual center: www.MargaretAnnLembo.com and [www.TheCrystalGarden.com](http://TheCrystalGarden.com). Connect at Facebook.com/MargaretAnnLemboPage.

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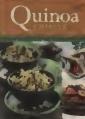
The Review Page

BOOKS, MUSIC, VIDEOS AND PRODUCTS

Reviewed by Krysta Gibson

Quinoa Cuisine

150 Creative Recipes for Super-Nutritious, Amazingly Delicious Dishes
by Jessica Harlan and Kelley Sparwasser
Ulysses Press



No, it isn't pronounced *kee-no-uh*. It is pronounced *keen-wa*. And it is a delicious superfood. Not only is it rich in protein and thus great for vegans and vegetarians, quinoa can provide nearly all the nutrients essential for life: calcium, iron, fiber, potassium, B vitamins, and vitamin E. It cooks similar to rice and can be used in hot dishes, salads, and is even available as flour to make bread and other gluten-free delights.

This book explains what quinoa is (a

seed, not a grain), how to prepare it, and recipes for everything from breakfast porridge and pancakes to pizza, pie crusts, chili, and pilaf. The book is organized by seasonal foods and labeled with icons to find the meal for any occasion. You won't regret giving this superfood a try and when you do, this cookbook will become one of your trusted favorites.

Finding Happiness

The Ananda Movie
A Film*A Vision*A True Story
Hansa Productions

An investigative journalist named Juliette (Elizabeth Rohm) works for the New York Magazine, *Profiles*. Her boss has learned of a spiritual community in California and sends her there to write a feature piece about this place called Ananda. Although not very excited about the idea, Juliette follows orders.

We witness her visit as she meets and interviews the community's founder, Swami Kriyananda, and many of the people who live and work there. We learn about the concepts of community and how communities could be the answer to many of the world's current challenges. Built on principles taught by Paramhansa Yogananda, author of *Autobiography of a Yogi* who lived and worked in America from the early 1920s



to 1951, these concepts are woven into the fabric of the movie.

The ideas of simple living, high-minded thinking, the concept that people are more important than things, and that people can live together in harmony are all put forth in believable ways, believable because this is actually happening at Ananda.

Truly this could be called a docu-drama because only two of the people featured in the movie are actors: Juliette and her boss. The rest of the cast are played by themselves and are people who have lived at Ananda many years; some since its beginning in the late 1960s.

The movie is educational but it is primarily very inspirational and moving. One can only hope that the Ananda community is ready for the hordes of people who will be showing up at their doorstep, people who want what this movie shows is possible: a life of happiness and fulfillment right now in today's world.

Learn more and watch the trailer at <http://www.findinghappinessmovie.com>.

Wake Up & Live

A Formula for Success
that Really Works
By Dorothea Brande
Tarcher/Penguin

Dorothea Brande is best known for her book *Becoming a Writer*. Until this book came in for review, I didn't know she overcame years of not

accomplishing her goals by implementing one philosophy: Act as if it were impossible to fail.

This book was originally published in 1936, sold over 1,000,000 copies in more than 34 printings and it rivaled the works of Napoleon Hill and Dale Carnegie.

She explains what the "Will to Fail" is, how we can identify it and how to overcome it. She guides the reader through the use of her technique making it easy to understand and to implement. The writing style is very no-nonsense and straightforward. The advice given is sound and well worth multiple readings.

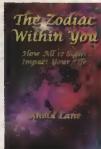
The Twelve Disciplines she gives at the end of the book are wonderful exercises that can be implemented in daily life and will help the reader move forward into success with greater assurance. *Wake Up & Live* is a classic and belongs in your success library. Even more than that, it deserves immediate implementation.

The Zodiac Within You

How All 12 Signs Impact Your Life
By Arnold Lane
Realty Books



If you are interested in learning how the various astrological signs impact your life, you'll want this book.



Continued on Page 9



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The Review Page

BOOKS, MUSIC, VIDEOS AND PRODUCTS

Reviewed by Krysta Gibson

Continued from Page 8

It will be best to have your chart with you as you read so you can see which houses your signs are in.

The explanations are given for the signs, four elements, attributes of the three nodes, rising sign, opposition, planets' influences, and aspects. It is really a course in astrology with a view of helping the reader make practical application of the information.

Lane calls this system Revolutionary Astrology. He says, "According to Revolutionary Astrology, the planets generate only positive, constructive energy. The signs have positive and negative meanings because people's choices and behavior determine how a planet's energy is expressed in the signs." The book is largely explanations of the various signs and how all the different aspects of planet, etc. influence us.

Whether you are a novice, intermediate, or experienced astrologer, you will find this book fascinating as well as something you can apply to daily life.

The author lives in Seattle and can be reached at www.encodingsoflight.com.

Your Wish Is Your Command 14 CD-set plus introductory CD

By Kevin Trudeau

When I was sent these CDs, I didn't know who Kevin Trudeau is. Now I do. For those who don't know, he is very controversial as is an organization he is associated with - GIN (Global Information Network). There is plenty of information, pro and con, available on the Internet. I didn't research him until I had listened to most of the CDs and I'm glad I didn't.

The information on these CDs is about how to manifest what you want in life and it is truly great. The lectures were recorded during a live event he did. What's great about the information is it's as if you

are getting a synthesis of just about all the manifesting material available without having to read all the books or attend all the workshops. Whether you are new to metaphysical manifesting techniques or an old hand at it, you will surely enjoy this material. It's valid information.

I have studied a great deal of what he presents and enjoyed hearing it in such a concentrated way. Trudeau also presented some of it in new ways and he gave some ideas I had not heard before. He gives attribution to people like Napoleon Hill, the Abraham material, ancient wisdom teachings of various religions, etc., so he is not saying he is the author of any of it.

The final CD makes a pitch to join the Global Information Network. That isn't my cup of tea, but it is there for those who want to pursue it. If you want a taste of this material, you can receive the first CD free by calling 1-206-257-2173.

The Art of Communicating By Thich Nhat Hanh HarperOne

Who doesn't know of this delightful and wise 88-year-old Zen Buddhist monk known as Thich (teacher)? He has written and spoken about fear, anger, peace, and power. Now, he turns his skills to the world of communication. Who doesn't need to master the art of communicating?

By using stories as well as his own insights, Thay provides a wonderful exposition of how we can better our communications skills through mindfulness. Whether we are communicating with friends or co-workers in meetings, telephone, or e-mail, he gives practical skills we can use to listen and speak with greater effectiveness. You'll especially enjoy his six mantras of loving speech!

As with his other books, this one is succinct, filled with compassion and wisdom. I suspect it will find its way into many libraries, hearts, and minds.

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Be sure to join us on Friday, Sept. 13 to hear our interview with Nick

Ortner, CEO of The Tapping Solution, LLC, a company with a mission to bring simple, effective, natural healing into the mainstream through Emotional Freedom Techniques (EFT) or "tapping." Tapping is a healing modality that combines ancient Chinese acupressure and modern psychology. We will be talking to Nick about his NY Times bestselling new book, *The Tapping Solution: A Revolutionary System for Stress-Free Living*.



Join us for a fascinating interview on Wednesday, September 18 with author, speaker, and

Naturopathic doctor, Stephen Linsteadt about his new book, *Scalar Heart Connection*. Stephen's technique for healing emotions, etc. through the heart is amazing. He will be conducting a free demonstration at East West Bookshop on Thursday, September 19, 7-8:30 pm and a one day workshop 10:30-5:30 pm on Saturday, September 21



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Awakening The Illuminated Heart

By Sangita Ranelle Devon

Life has a way of bringing us exactly what we need for our spiritual evolution. The different stages in my life have clearly shown that to me.

I grew up in a small village in the beautiful Alps of Austria and somehow I ended up in North America. Here I was asked to teach yoga and meditation in the late '70s and '80s. I loved it and I still do. However, I felt that I didn't quite know what to do with emotions. It wasn't something that was addressed in the yogic path. Miraculously I was led

to the non-dual approach where everything, and particularly emotions, are used as an entry way to the experience of our true self. I find this approach to spirituality as a very perfect base to spiritual life. Without it we don't have a direction for our daily experiences, nor do we have a clear way of accepting whatever happens in any given moment, any given situation in our life. It is a very practical path and particularly useful for intellectually-inclined people.

What is not addressed in the non-dual approach is our connection to Mother Earth, the cosmos, the life beyond this Earth life, inner worlds, sacred geometry, other dimensions and higher evolved beings. Mer Ka Ba, parallel universes and higher levels of consciousness, creating from the heart versus the mind, sound-healing, etc.

Interestingly enough I



"As people become more adept in the practice of entering the sacred space of the heart, their lives will change profoundly as their inner eye opens to their unlimited potential," explains Sangita Ranelle Devon

became aware of Drunvalo Melchizedek's work which addresses all of the above and more. I'll share a bit about all of his work as it relates to the heart here. I am offering his workshops as a certified teacher.

Drunvalo is here to assist humanity with the collective consciousness shift that is taking place on earth at present. His work offers the tools needed for humanity to move into higher dimensions. Drunvalo is well-known throughout the world for his extraordinary contribution to define mathematically and geometrically the human light-body, the Mer Ka Ba, the flower of life and sacred geometry. His work continued with workshops called Living in the Heart (also the title of one of his books).

In July 2011 he started the School of Remembering, where he introduced the new workshops called, Awakening The Illuminated Heart. He trained new teachers who are teaching his workshops globally. These new workshops consist of Drunvalo's life's work, including topics such as entering the sacred space of the heart, remembering who we are and how our intention came into existence, the activation of the Mer Ka Ba from the heart, activation of the flower of light, opening of the third eye, creating from the heart, and more.

The wisdom contained in Drunvalo's teachings completes the understanding of the human consciousness revolution happening today. It is the return to the approach in which this information was taught in ancient times, however now it is given to us in a way we can easily understand.

As people become more adept in the practice of entering the sacred space of the heart, their lives will change profoundly as their inner eye opens to their unlimited potential.

What I personally treasure from this work

is the sacredness and connectedness to all, including past, present, and future. It's all available to me in my sacred space of the heart. There is no need of an external source for accessing anything I wish to know. As teacher it is also very beautiful to see people blossoming and glimpsing their true potential in just a few days.

Here I'll share a meditation called Unity Breath which is also part of the four-day workshop. It can be done on a daily basis. One of its main purposes is to be prepared to enter the sacred space of the heart.

Connect with nature, a lake, mountain, etc. and feel love for it. Expand this love to the whole planet and Mother Earth's spirit. Put your love for Mother Earth into a ball of light and then send it to the center of the earth. Wait and feel Mother Earth's love for you. Let it circulate throughout your body. At the right moment, without losing the contact with Mother Earth, connect with the stars, the sky and feel love for Father Sky. Put your love for Father Sky into a sphere of light and send it to Father Sun. Wait until you feel Father Sky's love return to you. Feel both the Mother's love and Father's love as well as love for yourself. Stay with it as long as you wish!

Sangita will be offering an Awakening The Illuminated Heart Workshop in Bellingham, Oct. 3-6, 9 a.m.-5 p.m. For more information please browse Drunvalo's website www.drunvalo.net, and mine <http://members.shaw.ca/sangitaranelledevon>.

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What's Love Got To Do With It?

A few years ago, when I was getting my coach training certification, I participated in a retreat where a small group of us met together at a spa in New Mexico. It was one of those events that, for a variety of reasons, I really didn't want to attend, but it was necessary for the certification.

As we approached the meeting space – in a yurt of all things – I told one of my associates that, on entering the space, if they asked me to remove my shoes, I was leaving. Well, guess what? First thing they did was to ask me to remove my shoes. Sigh. I did, but begrudgingly.

Taking off my shoes wasn't the only thing I did begrudgingly in those four days. I had to take a good hard look at myself and at my business in a way that I had never done before, and I didn't necessarily like everything I saw. (About me or my business.)

But because I found myself among a group of

Soul Proprietors

by Marty Marsh



people who were there only to love me and not to judge me, I got through those four challenging days – and at the end, I did not want to leave.

After putting my shoes back on and returning home afterward, my partner asked me what the retreat was all about and I told him the first thing that came to my mind: love. Looking at me with a bewildered expression, he asked, "What does love have to do with business and marketing?" and I replied, without hesitation, "Absolutely everything!"

If you've always thought that business is just business and love has no place in it, I invite you to think again. Those four days revealed to me the secret ingredient to having a successful business: loving your clients.

Love became the secret ingredient behind my

business success and I've been carrying on a love affair with my clients ever since.

I didn't pay much attention to what was happening, at first, until I started getting e-mail messages and notes from my clients who were signing off with the word "love." You know, "Love, Mary," "Love, Joe," and that sort of thing. Some even signed off with XOXO.

It was only then that I realized how much that love was playing a part in my business. By genuinely caring about the wellbeing and success of my clients, they, in turn, cared about my well-being and my success.

Ask any of your best customers why they are using your services or buying your products and chances are, they'll say it's

because they know you, like you, and trust you; not because you have the lowest prices or the nicest office. Eventually, some will even tell you that they love you.

This know-like-trust-love connection doesn't happen accidentally. It comes from actively working to build an authentic relationship with the people with whom you want to work.

Communication plays a big role in this process, a mix of the verbal and non-verbal kind. Continual communication with your prospects, existing customers and new clients is crucial to developing this know-like-trust-love connection. And that's really what attracts marketing and being a "soul" proprietor, is all about: strengthening that connection by building an authentic – and loving – relationship.

Here are the components that can create a love affair with your clients:

Be friendly.

People won't love you if you aren't friendly. We are naturally drawn to friendly people. This also means being nice and kind and helpful; to everybody. You never know whom you're being kind to. They may turn out to be your best future customer.

If you're not a naturally friendly person, you can start learning to be more friendly by just giving a smile to the people you pass by, smile when you're on the phone and smile when you don't feel like it. These days, you can even send a friendly smile through social media.

Have empathy.

Are you able to see things from their point of view? You must have a clear understanding of the needs and wants of your clients.

Imagine that you are in their place. Are you able to tap into their feelings, desires, actions and motivations, both the good ones and the bad ones? And not stand in a place of judgment?

Listen.

When you stop your own chattering mind and really listen to your clients you'll hear what you need to know the most. And in that listening you'll learn how best to serve them based on what their needs and desires truly are.

Too often, as marketers, we make the mistake of assuming that we know best what our clients need. Listen to them and give them what they want. You can always give them what they need later on.

Be real.

In human terms, a real person is someone who is genuine, true, and authentic. Just be yourself in all your interactions with prospects and clients alike.

People will be attracted to your "realness" because they can sense your essence. Being real also means being sincere. Honesty shows through quickly. You won't be able to pull the wool over your customers' eyes for very long, if at all. So, always be real with your clients. They'll be real with you, and your relationship will blossom from there.

Combine friendliness with empathy, sincerity and authenticity – and listening – and you've got a powerful formula for successfully connecting with your clients. When you strive to connect in these ways, you're well on your way to a great love affair with each client you attract.

Marty Marsh believes that your successful business is the result of creating massive positive change in the world. To that end, she specializes in helping you, the entrepreneurial change-agent, to attract your perfect clients and to grow your business quickly and with ease so you have the resources to truly make a difference in the lives of the people you serve. To learn more and to join his soul proprietor community, visit www.martymarsh.com.

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Instinctual Eating: Listening to the Wisdom of the Body

By Deanna Minich, PhD, FACN, CNS

"Our bodies carry their inherent wisdom and truth at a deep, cellular level. The key is to access it, create a dialogue, and most importantly, to listen carefully."

— Deanna Minich

One of the most common "maladies" I see in the nutrition field is what I refer to as "analysis paralysis."

We take in as much as we can, trying to intellectualize eating, and, ultimately, we become overwhelmed, confused, and upset with figuring out what to have at our next meal. We vacillate from diet to diet, hoping that our intellect will take us to the next biggest cure. However, it can be an unending, insatiable quest.

Can one ever truly have too much information about food and eating? Aren't we living in a time of food disparity? Of course, it's important to stay educated on topics like genetically-modified foods, organically-grown produce, and labeling, reading, but how much is too much? When does the information control us rather than us harnessing it?

I must admit that I am probably most guilty of being a ravenous nutrition information scavenger. In fact, I have been in a lifelong state of "information hunger." After all, I spent more than half my existence being entombed in stacks of published studies and hundreds of books on nutrition and health. I tried virtually all diets because I thought each of them was "the one" for me.

However, at a certain point, I became saturated. Enough was enough. I put down the papers, books, and tried to quiet the

mind. Fortunately, I was also studying ancient spiritual traditions alongside the time I spent in school getting my nutrition degrees. I found it fascinating that the spiritual world was not about information or doing something called "behavior," a practice that sounds so simple we can take decades to master. I learned that when we are in the state of being, the body can be heard. Rather than us talking away in our head, we allow a space for the body to share its feeling, pain, and knowing.

I'd like to share with you an example of how a friend of mine, Virginia, connected to the wisdom of her body in a highly-creative way. Virginia had cervical cancer and decided one day that she was going to get well by visualizing and meditating on her organs. She imagined that her organs were sitting around a table that each of them could comment on how they felt; she had her liver, cervix, lungs, heart, brain, and ovaries engaged in the process. Sometimes she would alternate organs. I remember thinking how clever that exercise was for getting in touch with the body. She carved out time to listen and give attention to her viscera, mostly because she had to understand what was happening in her body with cancer. She relayed some of the comments from the organs, a few of them humorous while others even felt emotions. Some of them wanted certain foods or herbs.

There are other ways our bodies can speak. We all know of the power of the mind and its influence, but research by Dr. Amy Cuddy at Columbia University, has indicated that our body poses may define our physiology. How can that be, you ask?

It is well known that the majority of communication—about 30% of gestures that take place between people is through body language. Dr. Cuddy and colleagues found that when we change our posture by assuming what she refers to as the "power

pose," or keeping our shoulders back, maybe our hand over our head, and our legs slightly separated with feet on the floor for a mere two minutes that we can change our hormone levels:

we can increase our testosterone (leading to feelings of assertiveness) but decrease our cortisol (stress hormone). (This study was published in the journal Psychological Science in 2010). Additionally, we feel powerful and less averse to risk.

What if...
...we felt more powerful about our food choices?
...had confidence every time we sat down to eat?
...we felt less stress about our lifestyle?

Perhaps the answers to these questions are in the body itself.

You may want to reflect on what posits your body is finding its way into, especially when you are making a food selection from a restaurant menu, standing in your kitchen with the refrigerator door open, or even sitting down after a long day at the office trying to eat your meal. Do you cross your legs? Do you hover over your plate? Are you may be seeing a "feeling" coming through that we don't even realize. We could be changing our physiology

through our posture, stance, and connection to the earth.

When we are "in touch" with the body in whatever ways possible, whether that means grounding by having your feet firmly planted on the floor, dancing wildly for four minutes every day, or even sitting cross-legged on a grassy patch while meditating on an organ, we may be more apt to connect to the body's wisdom of instinct. Instinct, or the inherent inclination of our body to act without prior experience, is how the physical body communicates to us. What if we gave our intellect a bit of a break and balanced it by linking it to our instinct? Would we be more "informed" as to better food choices for ourselves without overthinking them too much?

As a nutritionist, we have to start with the body if we are going to create a loving, healing relationship with food. All of our relationships, with others, food, our lives, will be determined to some degree by how we treat ourselves. We even hear of the sacredness of the body in religious traditions

("body as temple"). It would be fulfilling to see how we can find our way back to the sacredness of the body. And, in so doing, we might find that our food choices shift, our energy might be rekindled, and our passions may surface. We might even think better.

Deanna is giving a food and chakra workshop series at East West Bookshop starting Sept. 4. September's focus is on the root chakra, which includes the body, instinct, and grounding. You can call (206) 523-3726 to register.

Deanna Minich, PhD, is a mind-body-spirit nutritionist and author who bridges together modern science with ancient spirituality in her novel approach to food and eating. See her website, www.foodandspirit.com, and Facebook page, [Food & Spirit with Dr. Deanna Minich](https://www.facebook.com/foodandspirit?ref=ts) (<https://www.facebook.com/foodandspirit?ref=ts>), for more details.

*See Dr. Amy Cuddy's Ted talk:
http://www.youtube.com/watch?v=Ks_Mh1QhMc*

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Reconnecting to What Our Heart Knows

By Stephen Linsteadt

A Sufi poem written in 1317 says that the human heart is the spiritual organ, or the interface, between the body and the "other world." The poem says it is through the special faculty of the heart that we may come to know hidden secrets. The poem further explains when body and spirit strike together like flint and steel, light is created, illuminating the two worlds.

Our life's experiences are like flint and steel, striking together in the form of our problems, worries, and everyday challenges. Tapping into the wisdom of the heart won't make our problems go away, but the more we connect to the innate wisdom of our heart the more we can open our heart wide enough to accommodate all of life's experiences more fully.

The challenge is knowing how to recognize the intuition coming from the heart and the intuition coming from the mind and its societal conditioning. It requires that we listen less to the chatter of our own mind and its fears and negative conditioning. It takes practice, like everything else in which we want to excel.

The real challenge is how to uncover the subconscious behavior patterns lurking behind our reactions. Our childhood experiences tend to form our perceptions and conditions our responses in, sometimes, negative ways. This sets up a non-coherent neuron pattern that activates negative behavior responses in spite of our best intentions.

Scalar Heart Connection is a method that

Yes, You Can

Continued from back page

And that's the most important thing of all. You may feel that you can't do this. You may feel that your life has turned into a tragedy, or dilemma, something exhausting and draining. At this point, tell yourself that what you are experiencing now is a short period of unhappiness and difficulty in what will be a long and happy life. You can do this. There are lots of people who love you. There are lots of people who are rooting for you. I am rooting for you and I haven't even met you yet.

Good luck.

Sophie Walker is the author of Grace, Under Pressure: A Girl with Asperger's and Her Marathon Mom, by Sophie Walker, ©2013. Printed with permission of New World Library www.newworldlibrary.com.

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Scalar Heart Connection Exercise

One way to help us get back to a balanced and musically harmonious heart/mind is to use "scalar figure-eights." Simply pass one of your open palms from one side of your lower abdomen up through the heart and to the top of your head and then back down the other side in a large figure-eight pattern.

Breathe in deeply as your hand moves up from your lower abdomen, picking up your positive and calm, trusting feelings from your heart and move them up to your brain. Then, as your hand moves back down to the center of your heart, breathe out all the negative mind-chatter; the worries, anger, and fears.

Repeat this motion for a couple minutes or until you feel yourself back in sync with the natural flow of the heart and its connection with acceptance and trust, knowing that problems are only problems when we forget our connection to the divine.

helps us sort out these mind-conditioned reactions from heart-centered responses. The system provides insight into the nature of our mind's reactions so we can destructive mastery over our thoughts and destructive impulses. When we consciously tune-in to heart-centeredness, we create a buffer around our heart that absorbs the negativity coming from others and the environment. The heart's innate wisdom offers us positive and life-giving alternatives to unpleasant situations by "knowing" the hearts of others and responding accordingly and compassionately.

One way to view the "hidden secrets" of the heart is to consider how the rhythm of the heart is harmonically connected to

space-time. For example, the heart beats 4,320 times per hour, 1/10th of which, when squared, is equal to the speed of light (accurate to .002). The number of heartbeats in two hours (8,640) harmonically relates to the diameter of the sun (864,000 miles) and the number of seconds it takes the earth to rotate around its axis in a day (86,400). The number of heartbeats in half an hour (2,160) is the diameter of the moon. The rhythm of the human heart is sensitive to changes in the heartbeat of Earth and to life within the global community. When we realize our heart beats in time to everything in the universe, including the fabric of space time, we understand that all possibilities are available to us.

The limitless possibilities surrounding the heart's wisdom is also embedded in the physiology of the heart's circulation system, which acts like a mobius coil that produces a self-generating scalar field of unlimited potential. It is a self-generating field of love and harmony, sensitive to the vibrations of the thoughts and feelings surrounding it.

When we tap into the feelings of caring and acceptance, we reinforce the vibration of harmony and joy, arising from the heart's connection to the scalar quantum field – universal intelligence – the wellspring of unconditional love.

The more we expand our love-buffer the less we react to people or events with anger and frustration. Instead, our heart expands wide enough to embrace and neutralize the negativity of others. In this way, we can have a positive influence on others and our surroundings. Love is contagious.

It takes practice to stay present in the heart's scalar field. Its harmonic vibrations are subtle and delicate. It requires that we re-tune ourselves to its message and gentle guidance. One way to realign with the heart's love field is through deep breathing. When we deep breathe, we are synchronizing our heart's subtle rhythms to the vibration of the universe. In time, we will distinguish the connection to the gentle whisper of heart-consciousness from the mechanical reactionary patterns coming from our head. At the point where we feel this connection, we can radiate this feeling throughout our body and then extend it to those around us and beyond.

A Scalar Heart Connection session increases our heart's coherence through the revelation of the content and source of our subconscious negative mind-talk. Scalar Heart Connection provides positive messages from our heart that allow us to retool our thinking and feelings.

When we tap into the heart's positive vibrations, we will discover that we can ride through the events of our daily lives like riding on a magic carpet. Circumstances magically change and obstacles present themselves as dance partners.

Stephen Linsteadt will be presenting the process of Scalar Heart Connection and giving free audience demonstrations at East West Bookshop in Seattle on Sept. 19 at 7 p.m. The workshop that teaches the method will be held at the East West Bookshop on Sept. 21. For more info: www.ScalarHeartConnection.com. Receive a free mini-session at www.ScalarHeartConnection.com/askyourheart.

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When to Spay and Neuter



Our Animal Friends

by Martha Norwalk

Before I launch into this month's column, I want to remind all of you that I am not a veterinarian. I am an animal behavior therapist and trainer with a degree in veterinary technology. There is a big difference. I worked in vet hospitals as a vet tech for close to 20 years and have maintained a close relationship with the profession ever since, via my radio show and my own animals. The information I share here is my own opinion or what I have heard from my sources, including my clients, vets and a recent international conference held locally.

That being said, a recommendation regarding our animal friends, something I thought we always knew, is changing again. That would be about the best time to spay or neuter our dog and cats and is that really the best thing to do?

During my time as a vet tech (1960s to 1980s), the answer to the when question seemed to be certain. I was taught that the best time to spay a female cat or dog was at five-and-one-half months, just prior to their first heat cycle. I was also taught that the best time to neuter a male cat or dog was at nine months of age. Part of the lessons taught

included that if you spay or neuter a dog or cat prior to two years of age, you pretty-much eliminate all chances of hormonally induced cancers. It seems to me now that these recommendations were made for our human convenience, not our animal's health.

Other reasons given to spay and neuter were behavioral ones. Besides eliminating having to go through unpleasant heat cycles with female dogs and cats, I was taught that spaying actually stabilizes a female's temperament. They are less likely to fight with other females both inside and outside the house. Neutering males reduces the desire to roam and wander, urine mark inside the house, and fight with other males.

In my opinion the behavioral reasons still apply in most cases. However, the when and if questions are now very much in dispute.

I doubt anyone at this point would argue with the fact that in this country, due to human irresponsibility, we have a huge pet over population problem. Feral cat populations are causing many issues and our shelters and rescues are overworked, under-funded and full to over capacity in many if not most cases.

Because of that, and in a good-hearted attempt to stop the problem, some years ago shelters began to spay and neuter kittens and puppies at younger and younger ages. Many now do these surgeries at our own facilities at just a few weeks of age. I understand the reasoning behind the decision to do this.

Previously, shelters would require adopters to sign an agreement to spay or neuter at is not to our animals. Definitely not good news for a country that makes this the expected norm.

It is interesting to note here that in Europe, owners and trainers generally avoid neutering/spaying. It is not promoted by animal health authorities either. Amazingly, they do not have a pet overpopulation problem as we do, and their animals have fewer health issues.

As far as I know, most shelters that have been doing very early neuters and spays are still not doing them but insisting that it is safe to do. I do not agree and am sorry to have to say that I would avoid adopting an animal that was neutered so early.

I do not have the space here to give you the details of those studies and all of the results. What I can tell you is that a recent study done by researchers at the University of California Davis on my breed of dog, golden retrievers, is quite revealing. The

diseases studied were hip dysplasia, cruciate ligament tear, lymphosarcoma, hemangiosarcoma and mast cell tumor. Researchers found for both male and female dogs spayed/neutered prior to one year of age or after, there was a significantly higher rate of all five diseases analyzed as compared to intact dogs. Instances of hip dysplasia were doubled.

This study supported earlier findings but with more detail, and tends to suggest that spaying or neutering at is not to our animals. Definitely not good news for a country that makes this the expected norm.

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dogs. With the most recent, I waited until they had come into heat a few more times (cats) and were well over a year old. I also waited as long as possible to neuter my male cats. Unfortunately, for me living with unaltered cats is not an option.

If I had a female dog, I would also spay her, but I would wait as long as possible. Being responsible and not allowing mistake breedings could go without saying. As far as my current male dog goes, I have no plans to neuter him, ever.

Unless, of course, a behavioral or physical problem arises that makes it a necessary and good thing.

There will be many more studies and findings coming along related to this subject. If you have or are planning on getting a puppy or kitten, do your own research to be sure you make the best choice for you and your animal friends.

Martha Norwalk is an animal behavior therapist and host of *Martha Norwalk's Animal World*, Sunday mornings, from 9 a.m. to noon on Alternative Talk AM 1150. She can be reached at *Martha's Canine, Feline and All Creature Counseling* at (360) 217-7258 or www.marthanorwalk.com.

For a free, no obligation telephone evaluation or to make an appointment for *Martha to work with you and your animal friend*, give her a call.

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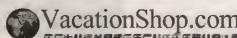
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The 11th Step of Recovery

(From The Commonly-Known 12-Step Program)

By Brian M. Dotson

"We sought through prayer and meditation to improve our conscious contact with God."

Eleven ago I said goodbye to alcohol, and entered the healing world and fellowship of a 12-step program. I learned in short order that alcohol was likely a horrible symptom of something much deeper. I had to turn to Spirit to find and fix the holes in my life.

I had turned away from Divine Spirit in favor of managing my own affairs; I needed to quiet my mind and let Spirit do its work. Much of that time has been spent in pursuit of how Divine Spirit works in my life.

Meditation has been central to me with the study of Vedanta, qigong and various other philosophies involving meditation. By no means have I become an expert, however my brothers and sisters in recovery come to me with many questions about how prayer and meditation work to combat together. Many recovering addicts are cautious to seek help from someone who has not walked in their shoes. Many people in recovery know that I have been in the horrible shoes that they are preparing to throw away for new shoes and a new life.

Friends in the recovery community



Brian Dobson explains how meditation can be helpful to those in 12-Step programs.

contact me periodically to help them find for themselves where the meditation component of the 11th step is all relative to them. Another common and great saying is that "Prayer is talking to God, and meditation is listening for the answers." I agree

completely, but the practice can become quite confusing for the beginner. It's especially difficult in people's lives as they work on cleaning up the mess that their lives have become to bring them to addiction recovery.

I often ask how to overcome anxiety, doubt, distraction, the need to cry and so forth. I think that's why this step is near the end of the process necessary to clear away the wreckage to see your way into the clarity which is meditation. I might agree that that idea has merit in the way of following a process however prayer and meditation has a place in any phase of life.

I usually advise a friend to spend time alone just watching their breath.

Simply observe silence when it occurs organically. It's quite a relief to discover that the simplest form of meditation has no formality, no certain way to sit, no certain breath to take except to simply watch the breath. After all it's in rest that we heal, and in stillness that we discover the spirit within.

The Buddha was once asked: "What have you gained from meditation?" Buddha said, "Let me tell you what I lost: anger, anxiety, fear and frustration."

Namaste.

Brian M. Dotson, driftingspirit@yahoo.com, www.eightfoldarts.com. For the purpose of this publication this author is honoring the need to always maintain personal anonymity at the level of press, radio and films, therefore not specifying any one program.

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Krysta Gibson has been helping individuals and businesses for over 30 years. Besides offering compassionate understanding, she uses her intuitive skills and tarot archetypes to gain deeper insight into her clients' situations. By sharing this information she helps them make better decisions and move forward in their lives with greater confidence.

Honoring all paths and belief systems, Krysta respects everyone regardless of race, religious affiliations or lack thereof, sexual orientation, political affiliations, and world view.

Krysta Gibson is publisher of New Spirit Journal, a spiritual teacher, and author of the books 22 Steps to Success, Business Success for Body, Mind, & Spirit as well as guided meditative journeys. Learn more about her and sign up for her free email list at www.krystagibson.com and www.newspritjournal.com.

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Yes, You Can

By Sophie Walker

To begin this article with a confession: when it comes to your child, I don't know what I'm talking about. Because I have written a book (Grace, Under Pressure, New World Library) about my child, who has Asperger's Syndrome, I am often asked to suggest advice to parents in similar situations. And I'm always really happy to do so because I know from experience how hard it can be to find the right kind of support.

My book started off as a blog. I was trying to wrangle a daily torrent of emotions and experiences – subdue and make sense of them – by putting them down as words on a page. I wanted to understand what was happening to my daughter and me as we emerged after years of questions and referrals and finally diagnosis, and were left alone to get on with our lives. I wanted to understand what would happen to us next. I wanted to see if what I thought was happening was really happening; the hurt and the isolation at times seemed

extraordinarily unfair and disproportionate. And I wanted to understand what it was that I was supposed to be doing to improve the situation.

I was very far from being an expert on autism, much less on parenting.

So now, when I find myself being asked what guidance I can offer to other parents of children who are on the autism spectrum, or have special educational needs, or a particular disability, my first thought is: me? I don't know anything about your child.

But you do.

You know your child better than anyone else in the world, no matter how many letters someone else may have after their name, or how many educational qualifications they may have. You know when something is off. And you know when you need to keep pushing to fix it. Don't let other people persuade you to go away or to subside quietly. Don't let other people tell you it's one thing when you think it's something else entirely.

That said, don't reject the medical or teaching community. Many of the answers and support you need are there. Many of the people who can make things better for you and your child are there. If help is not coming quickly or easily, remember: you have the right to keep asking. This point can sometimes be a hard one to remember when others keep putting up walls.

While you're pushing, and asking, and



As a mother of a child with Asperger's Syndrome, Sophie Walker began blogging as a way of making sense of her experiences and emotions. She found she was not alone.

trying to knock down walls; while you're traipsing from place to place to place; or while you are sitting at home with your child and wondering what is happening to you both; remember: You are not alone.

This one's a big one, so I'm going to say it again: You are not alone. You think every other parent out there has perfect children and a worry-free existence? Pffff. Of course not.

That said, what you may be worrying about at this point, if there are pediatricians

and psychologists involved, goes beyond everyday concerns. But that doesn't mean you are alone. Far from it. There is a big community out there: a whole host of people who have been through what you've been through or are going through it right now, right alongside you.

The internet is a wonderful first resource to find people to talk to. (Just don't ever Google your child's symptoms or behavior before talking to a professional.) From there, you will find local support groups. Not got one? Start one. I guarantee you, grateful parents will come out of the woodwork at you. You'll never have so much company.

However, there will most likely be times when you want everyone – including your precious child – to go away and leave you alone. This is entirely understandable. You must make sure that that happens. You are most likely the glue keeping everyone else together in the scenario that is your life at the moment. It's important to keep yourself together in order that you can keep on keeping everyone else together.

So take some time for yourself. Don't say you can't. Work out ways that you can. Ask a relative to help look after your child. Ask a neighbor. Find out about respite schemes. If you work, do something productive in your lunch hour. Try to ensure that some of what you do during this time for yourself is purely physical. Raise your heartbeat, not your blood pressure. Feel the endorphins kick in and remind you that life is good, that you are strong and that you can keep going. Because you can.

Continued on page 13

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